

MIND OVER CANCER - MENTAL WELLBEING PROGRAMME ELIGIBILITY



THESE MIND OVER CANCER MENTAL WELLBEING SUPPORT SESSIONS ARE OPEN TO ANYONE WHO FULFILLS THE FOLLOWING CRITERIA:

- Is classified as a 'young person' by the Ellen MacArthur Cancer Trust and is eligible for a trip in 2026.
- Attended, or is coming on, an Ellen MacArthur Cancer Trust first-time, return or canal trip in 2025 and/or 2026.
- Is aged 14+ years in line with Ellen MacArthur Cancer Trust trip eligibility.
- Hasn't been part of the Mind Over Cancer wellbeing sessions before.
- Can commit to attending eight monthly sessions between and including:
 - **20+ years** - 12 October 2026 - 13 May 2027
 - **19 years and under** - 19 October 2026 - 20 May 2027
- Isn't already in therapy - it's important to focus on one therapy at a time.
- Anyone aged 14-17 years at the time of the first session must have the signed permission of their parents/guardians when applying.
- Has access to an electronic device (computer, laptop, phone, tablet, etc) to be able dial in to the monthly sessions using the Zoom video conferencing application.